ABSTRACT

A nutritional information scale having memory means to hold the nutritional data of various foods as well as a computer and input means to enter the type of food and determine nutritional values of the food based on the data stored and the weight of the portion provided. The device permits the use of the user's food containers and/or plate as the weight of the plate can be removed from the weight value, by virtue of a tare calculation. The memory of the device permits the user to store food values of various portions of foods and/or entire meals, and then display either the individual portion values or the values for an entire meal or series of meals. Further, values for more than one user can be provided and displayed.